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## RUSSELL CROWE LIGHTENS UP

In 'The Nice Guys,' the actor shows his comedy chops. 12



Red Sox's  
Bradley  
continues  
to hit. 15

Mindfulness is the  
new multitasking. 13

# IT'S MCWAR!

No one's backing down in battle of  
marquee put-downs in Somerville. 4



DEREK KOUYOUMIAN



## 3 THINGS YOU NEED TO KNOW

### AFGHAN TALIBAN LEADER KILLED IN DRONE STRIKE, AFGHANS SAY

The United States has killed the leader of the Afghan Taliban in an air strike in a remote border area just inside Pakistan, Afghanistan said on Sunday, in an attack likely to dash any immediate prospect for peace talks. The death of Mullah Akhtar Mansour could trigger a battle for succession and deepen fractures that emerged in the insurgent movement after the death of its founder, Mullah Mohammad Omar, was confirmed last year, more than two years after he died. The strike, which U.S. officials said was authorized by President Barack Obama and included multiple drones, showed the United States was prepared to go after the Taliban leadership in Pakistan. **REUTERS**



### AUSTRALIAN CLIMBER DIES WHILE DESCENDING FROM EVEREST SUMMIT

A 34-year-old Australian woman has died while descending from the summit of Mount Everest, local officials in Kathmandu said on Sunday, the second death on the world's highest mountain in as many days. The death of Maria Strydom on Saturday was also confirmed by Monash University in Melbourne, where she worked as a lecturer. Officials in Nepal said efforts were being made to take her body down from the mountain. Two Indian climbers went missing on the mountain on Saturday in the high slopes known as "death zone," said Wangchu Sherpa of the Trekking Camp Nepal company. The death of the Australian woman was the second on Everest this year and could hit mountaineering in Nepal. **REUTERS**

### SOLAR PLANE LANDS IN DAYTON, OHIO, ON ROUND-THE-WORLD FLIGHT

An experimental airplane powered solely by energy from the sun landed in Ohio on Saturday night on the latest leg of its historic bid by pilots and developers to fly around the globe without a drop of fuel. The single-seat Solar Impulse 2 aircraft arrived in Dayton shortly before 10 p.m. local time, some 17 hours after leaving Phoenix Goodyear Airport, the project team said on its official Twitter page. "People told the Wright Brothers & us what we wanted to achieve was impossible," said Bertrand Piccard after landing. "They were wrong!" The locale was of special significance to the pilots, as the home base to aviation pioneers Orville and Wilbur Wright. **REUTERS**



GETTY IMAGES

## BOLARIS' WEATHER WATCH: HOLIDAY WEEKEND ... BUST OR BEAUTY?

Residents living along the Northeast Corridor the past three weeks have pretty much had the same complaint: "What the hell is going on with the weather?"

The month of May has been aggravating and annoying and, yes, Mother Nature threw us all a bone this past Friday, but then quickly threw in a chinker of a weekend.

Well, we are starting off this week with the same funk we have experienced for most of May. With clouds dominating, and as an upper-level storm rotates through the Northeast, we can expect scattered showers and perhaps even a few boomers, especially by Tuesday afternoon.

Now before you go booking your flight to Fairbanks, Alaska — yes it's been nicer in Fairbanks than it's been around here — I actually have some great weather news as we move toward the unofficial launch of summer. Let's face it, it's always

#### Bolaris' Weather Watch



a bit of a crapshoot on what to expect on any given Memorial Day weekend in the Northeast. But with this particular upcoming weekend, it looks like we're going to get lucky. All models are indicating that a big warm up will start to arrive here by the middle of the coming week and last through the holiday weekend and even Memorial Day itself.

This is the way I see it for getaway Friday, whether you're heading to the Jersey Shore, the Hamptons, or the capes of Southern New England, we could see a bit in the way of clouds and a scattered shower as a warm front will start to arrive from the southwest.

This front marks the leading edge of a much more humid air mass

and with its arrival, I cannot rule out the chance of a few scattered showers or a rumble of thunder. Temperatures on Friday will be close to 80 across the I-95 corridor, and the upper 60s at most shore points.

The holiday weekend forecast: Saturday, Sunday, and Monday, Mother Nature will be dealing sunshine, with temperatures generally in the low 80s away from the coast, and mainly in the low- to mid-70s, before sea breezes kick in and cool off the beaches quickly.

It does not get any better than that on any given Memorial Day weekend. Hopefully by Tuesday of next week everyone will be yapping about what a fantastic holiday weekend it was. If it's not there will be hell to pay. Trust me, I know.

On a side note, we just relaunched Weather savior.com, check it out @johnbolaris, @weather savior.

#### Boston

**Today:** Mostly cloudy, passing afternoon shower, 66

**Tuesday:** Scattered showers and a boomer possible, 60

**Wednesday:** Increasing sunshine and warmth, 79

**Thursday:** Changeable skies, 75

**Friday:** Few scattered showers/possible storm 69

**Weekend**  
**Saturday:** Becoming sunny, 76

**Sunday:** Mostly sunny, 80

**Monday:** Sun and clouds, 80

For the Capes, temperatures will be mainly in the upper 60s to low 70s

**Cape Cod surf temp:** 52



# Painful Varicose Veins & Swollen Legs?



Varicose veins are more than a cosmetic problem. They may lead to complications such as Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE), both of which claim up to 300,000 lives a year in the United States.

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The latest in the war of words across McGrath Highway in Somerville is this message — perhaps a declaration of war — from Sav-Mor: "I ALWAYS WANTED AN ARCH ENEMY." **DENISE KOUYOUNKIAN/METRO**

## Marquee McWar breaks out on McGrath Highway

Liquor store, McDonald's create on online sensation with battle of put-downs on signs.



SPENCER BUELL  
@MetroBOS  
spencer.buell@metro.us

A battle of wits is being waged on opposing marquee signs outside a Somerville packie and a fast-food restaurant.

Local liquor store jokesters Sav-Mor over the weekend took on McDonald's, the international burger chain with a restaurant across the street.

It all began when the fast-food giant advertised that it was selling two Egg McMuffins for \$5.

Apparently interpreting the deal as a challenge, Sav-Mor fired back with an alternative, spelled out in block letters on its legendary marquee: "3 EGG MUFFIN \$4."

The sign came with a dare, and a shot across the bow for the fry-slinging corporate giant, what with its bargain breakfast options and its bright yellow sign competing for eyeballs on the McGrath Highway.

"YOUR MOVE MCDONALD'S."

McDonald's did not back down.

"SAV MOR YOU AINT

SEEN MCMUFFIN YET," read the rebuttal.

It turns out that the home of the McChicken was happy to be brought into the orbit of Sav-Mor, the discount booze mart with a penchant for sassy slogans.

"When we saw the story and the sign, it was a no-brainer to respond," McDonald's spokeswoman Lindsay Wallin told the Boston Globe. "We have done similar [things] in another location on Route 1 in Saugus. I've always admired Sav-Mor's creative messages and we are happy to be included!"

The back and forth has been an online sensation, but McDonald's seems to be ready to move on to other priorities, such as serving all-day breakfast.

"SAV MOR WE DON'T CRACK JOKES," McDonald's sign read on Sunday. "WE CRACK EGGS."

This isn't the first time Sav-Mor has appealed to its fast-food neighbor. According to Robert Weiner, the Sav-Mor co-owner who has masterminded the store's signs for half a decade, the back-and-forth actually began with something of a missed connection.

For Valentine's Day two years ago, he said in an interview, he posted this message: "I HAVE A SECRET CRUSH ON THE

MCDONALD'S SIGN."

It went unanswered.

So he was pleasantly surprised when, this time, he touched off a McWar.

"I thought it was great that they were willing to play along," Weiner said, adding that he has no ill-will toward the Golden Arches, his sign-making alter ego notwithstanding.

Throughout this whole experience, he said, he's been anonymously getting his morning coffee at the location every day.

It's all just friendly banter among partners, not competitors in roadside commerce, he said. After all, Sav-Mor sells six packs and booze, offering on its shelves neither eggs nor muffins.

But with the ball in their proverbial court this weekend, Sav-Mor, nevertheless, hit Ronald McDonald, hard.

"MY BOSS IS ALSO A CLOWN," the sign now reads. "THANKS MCDONALD'S I ALWAYS WANTED AN ARCH ENEMY."

So does Sav-Mor plan to stop making cheeky, and sometimes combative, signs anytime soon?

"Absolutely not," Weiner said. "As long as I'm in the liquor business. If someone offered me a bazillion dollars to make a TV show about the signs, though, I would definitely sell out."

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## TIME TO TOUCH GLOVES

Bam! After months of warming up in the primaries, we're finally seeing the first real punches thrown in the general election. Get the cut man. Here are my three things to watch this week in politics.

### 1. IT'S A LEFT, IT'S A RIGHT

Already Hillary Clinton and Donald Trump have called the other unfit to be president. Each has accused the other of hiding things. And each has alienated millions of voters. I'm feeling better about the government already. Maybe not. Anyway, I think it's going to get a lot nastier and fast. Camp Clinton clearly believes their best line of attack is to focus on his weaknesses with female voters and his utter lack of governmental experience. Team Trump's strategy can be summed up in the two words he keeps slapping on her: Crooked Hillary. Stay tuned ...

### 2. THAT BERNING SENSATION

Meanwhile, if Clinton looks like she's staring at a Rubik's cube that's because she is. The relentless campaign of Bernie Sand-

## TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the new book "My Year of Running Dangerously."



ers, the raucous behavior of his followers and their accusations that the Democratic Party is cheating to help her win are all giving her fits. And it is not clear what she can do about it. She wants him out of the way so she can focus on Trump, but every time she even hints at that, Sanders' fans howl. Still, watch for her to take another stab at winning them — maybe even a little praise for the senator from Vermont — because time is running short, and you know what they say about a divided house ...

### 3. VEEPSTAKES

And of course, the D.C. crowd is now turning to its second favorite guessing game: figuring out who will be on the undercard. This week you can expect that discussion to pick up steam with chatter about running mates who might deliver swing states, voting blocks, evangelicals, minority groups and independents. Listen, have fun, and ignore it. No one really knows anything yet and honestly, running mates rarely make much difference.

## Suspect in Massachusetts police killing is dead



Ronald Tarentino FACEBOOK



Jorge Zambrano HANDOUT

News sources say the suspect believed to be behind Sunday morning's fatal shooting of an Auburn police officer is dead.

The sources tell WCVB an officer was wounded during the encounter. The source said the officer had a minor injury. This occurred as police were searching a home on Watch Street in Oxford.

Ronald Tarentino, a 42-year-old officer in Auburn, was fatally shot around 12:30 a.m. EDT in the town, which is

approximately 50 miles west of Boston.

The shooter fled the scene in his vehicle, according to police.

In an advisory released by Massachusetts State Police and shared by police departments on Twitter, authorities said Jorge Zambrano, 35, was wanted for questioning in connection with the shooting.

The bulletin said Zambrano should be considered armed and dangerous.

Video taken by local television news outlets

showed dozens of officers lining the road as Tarentino's body was transported from a hospital to the medical examiner's office in Boston.

Tarentino was taken to UMass Medical Center in Worcester where he was pronounced dead. He was 42 years old and is survived by his wife and three children. Tarentino joined the Auburn police department in May of 2014 after previously working at the Leicester Police Department. REUTERS/METRO

## P.A.D. Raises Your Risk of Heart Attack and Stroke

People over age of 50 that have a history of diabetes or smoking and other peripheral artery disease risk factors, such as obesity or high blood pressure, have a greater risk of having PAD.

## Do You Have PAD?

- ☒ Painful cramping in your hip, thigh or calf muscles after walking
- ☒ Leg numbness or weakness
- ☒ Non-healing sores on your toes, feet or legs
- ☒ Coldness in your lower leg or foot
- ☒ Slower growth of your toenails
- ☒ Shiny Skin on your legs
- ☒ No pulse or a weak pulse in your legs or feet
- ☒ Erectile dysfunction in men

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## Kanye West broke Ellen

It's been a hot second since we've had a good old fashioned Kanye West diatribe, but luckily he has an innate sense for what the world is lacking. To put us all at ease, West dropped by "The Ellen Show" for an eight-minute, fittingly bizarre stream-of-consciousness "interview" that left Elle DeGeneres pretty much speechless. "I'm sorry, daytime television. I'm sorry for the realness," he offered. While he took time to address his more eyebrow-raising tweets, the Oscars diversity issue, the state of hip-hop and how he wants to team-up with discount shoe retailer Payless to help combat bullying, perhaps his more salient point was about how all our criticisms and jokes are just getting in the way of West achieving his full potential. "We got 100 years here. We're one



ALL PHOTOS GETTY IMAGES

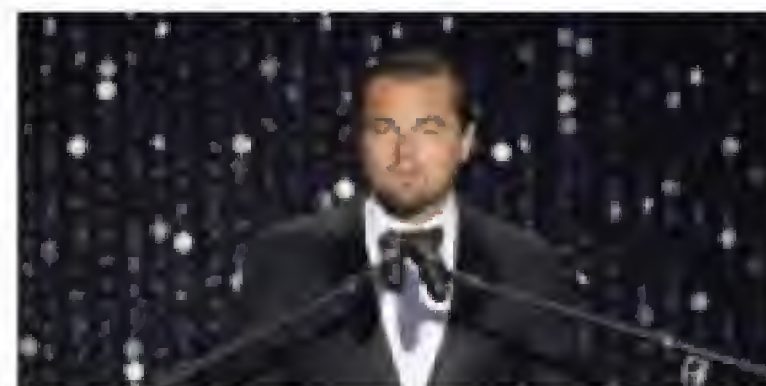
race – the human race – one civilization. We're a blip in the existence in the universe and we're constantly trying to pull each other down," he said. "I feel I can make a difference while I'm here." By all means, sir,

# the word

NED EHRBAR  
ned.ehrbar@metro.us

## Fans not down with Leo's jet usage

Leonardo DiCaprio is a busy man. He was hanging out in Cannes last week, living it up, but then he had to be in New York to receive an award honoring his environmental efforts and then be back in the South of France for an AIDS gala. So what did he do? What any sensible elite movie star would: hop on the old private jet to whisk yourself to NYC and back. But that travel itinerary is ap-



parently rubbing some fans the wrong way. "Everyone saying he's some hero for protecting the environment," one fan wrote on his Instagram post from the gala.

"He's just a hypocrite." Another concurred, posting, "Unfollowing [DiCaprio]. Practice what you preach." I guess that's what you get for trying to help, Leo.

## DAILY VIDEO



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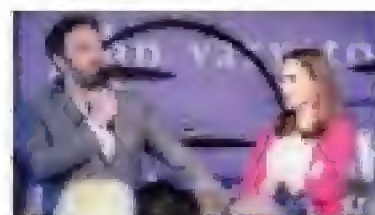
### Trump goes hard

Want to see something that's oh so very Internet in every possible? The wonderful tunesmiths at Fine Bros. took that hard-to-watch Donald Trump/Meghan Kelly

interview and turned it into a boastful bit of rap, which almost – almost! – makes the GOP frontrunner palatable. Did you know that he goes hard? Apparently, he does. Especially when it comes to balloon animals.

## A surprise turn in the Affleck-Garner split

What's the opposite of Ben Affleck and Jennifer Garner divorcing? How about calling off the breakup and getting back together to welcome a fourth child? Crazy, right? And yet: "Friends are expecting an announcement very soon that Jen is pregnant," a source tells Radar Online. "Jen has played Ben like a fiddle. She was determined to make him 'walk the plank' over his wild ways. She believed he would



come to his senses and they could save their marriage. She's always wanted another child with him. Even since they split, she's gushed publicly about how he is the love of her life." Man, some people just don't know how to break up.

## Katy Perry makes relationship Instagram-official

So I guess we all know for sure that Katy Perry and Orlando Bloom are a thing – assuming the past few months of their international make-out tour weren't evidence enough. No, Perry went and confirmed the coupling with a cute Instagram post, because once you put it on social media, you know it's real. The singer posted a

pic of the two sprawled out on the steps of the Hotel du Cap Eden-Rock in the South of France, decked out in fluffy robes and swimwear. The photo bore the pun-friendly caption, "We Cannes't," so you know they're going to be one of those "joke" couples. Great. You all have fun with that, I'll just see myself out.



@JuddApatow

When you help rich people get richer they rarely create jobs. Most of the time they buy larger gold helicopters.



@kumailn

My shameful secret is that I love Ninja Turtles and I always will and I will always be on board for anything #TMNT.



@anthonyanderson

Last night was amazing! #blackish was honored with a #peabody award alongside some other great people.



@TomDaley1994

Happy birthday to me! (Yesterday)



@danharmon

Did they reveal why the director in "A Chorus Line" wanted so much personal information? Didn't the dancers just end up in a chorus line?



@samantharonson

The answer is always cake.



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# A backward look at boyhood

"Peter and the Starcatcher" tells the backstory of the boy who wouldn't grow up.



RACHEL RACZKA  
@rachelraczka  
rachel.raczka@metro.us

If you love a good backstory, "Peter and the Starcatcher," playing the Lyric Stage through June 26, has one for you. It's the boyhood story of the boy who never grew up, Peter Pan, as he struggles with authority, abandonment and, you guessed it, the complexities of growing up. The stage show written by Rick Elice is an adaptation of Dave Barry and Ridley Pearson's 2006 novel of the same name.

We chat with Marc Pierre, the 25-year-old Brooklyn native and Emerson grad who will play Peter/Boy in the new production.

#### Tell me more about the show.

The story itself is how Peter Pan became Peter Pan. A lot of the characters you encounter in the show are from the same story except Peter is an orphan before he can fly, and Captain Hook is called Black Stache and still has his hand. Molly Aster is Wendy's mother as a girl. It's a coming-of-age-story of them realizing who they can be as people and who we come to know to be the legend of Peter Pan.

**That's something that I wanted to talk to you about — Peter Pan is the boy who won't grow up, but the main theme of this play is still "coming-of-age"?**

Absolutely. I've seen it as Peter had all these makings of who he eventually becomes. He has an idea of hating grown-ups and having problems with authority. He always wants to be a boy and wants to find a home where he can become the person



Pierre during a rehearsal for "Peter and the Starcatcher." HERYS POWELL



Marc Pierre PROVIDED

he wants to be without anyone telling him what to do.

**Do we end up sympathizing with Peter?**

You can see what the drive is for him not wanting to grow up, and how that carries him for the rest of his life.

The cast for the production is pretty tiny and has to, literally, wear a lot of hats and represent multiple characters at a time in rapid succession. The Lyric is a really intimate place to see a show, so is this sort of organized chaos overwhelming for you at all? It's a little daunting. A lot of times, you'll change characters within two lines of each other and it can be exhausting. Our director [Spiro Veloudos] said the original production on Broadway felt like there were 80 people on stage when there were only 12. In this intimate stage, we want it to feel like there are 85.

**You've starred in several professional productions ("Milk Like Sugar" at the Huntington Theatre, "The Flick" at Gloucester Stage, "King Lear" and "Romeo and Juliet" for Commonwealth Shake-**

#### If you go

**"Peter and the Starcatcher"**  
Through June 26  
The Lyric Stage  
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lyricstage.com

**speare) in the Boston area since graduating. What do you think of the theater scene here? Has it changed at all in the span that you've been working at all?**  
I'm seeing a lot more plays dealing with younger stories. Coming out of college, a lot of my friends and I would go see shows with older actors and we'd connect to the stories on some level, but never saw us on stage. Now we're seeing stories that deal with younger people and younger people are represented.



# How to flirt over text (and not freak out)



Put down that book — don't seem digitally unavailable! istock

One of my clients recently handed over her phone so I could read her text exchanges with a match. "He ghosted on me," she said. But when I viewed their messages, the reason he ghosted became clear — she was acting digitally unavailable.

In a world where we text instead of call, even small miscommunications via text can cost you dates. Here are three texting must-haves so you don't lose out on any date nights.

## Focus on connecting and planning — equally

The best text flirting involves both. Think about it: If you try to get to know someone without meeting IRL, you may waste your time writing all those texts and never go on a date.

But similarly, if you try to skip directly to the date, you may not build up a strong enough connection to have a great time in person. If you haven't met, nudge your match offline after about 20 to 30 messages back and forth. Don't

## LAURIE DAVIS EDWARDS

### Single and Swiping

Laurie Davis Edwards is the founder of eFlirt, an online dating concierge service, and the best-selling author of "Love @ First Click: The Ultimate Guide to Online Dating."



be shy!

Or if you've already met, send a "thank you" text post-date to keep the text string open and continue connecting.

If the other person doesn't mention another date within a

week, go for it yourself.

## Don't fear silence

Often, my clients freak when their text doesn't get a reply. They say, "She/he must not be interested anymore," or conclude the person ghosted. But not every text needs a reply.

It's possible the conversation came to a natural close, especially if you didn't ask a question. Sending a second message is OK after a few days. Make sure the person had enough time to reply to the first, and then include a question so it clearly calls for a response.

## Let "real time" communication be real time

With my client I mentioned, the lag time between messages was the issue — it took her more than 24 hours to reply!

Don't strategize your reply time — just respond when you see a match's message. Having a digital conversation in real time is powerful, so you both want to meet up face-to-face sooner.

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# Russell Crowe finds his funny bone

The key to comedy, the "Nice Guys" star says, is not trying too hard.



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Russell Crowe has had few chances to show he's funny. But though "The Nice Guys" is a comedy — and a mystery and a thriller — he never goes overboard trying to make you laugh. His character, the brutish "enforcer" Jackson Healy, is the straight man to Ryan Gosling's bumbling, girl-shrieking P.I., Holland March, both of them caught up in a violent and often ridiculous missing-person case in 1970s Los Angeles. The latest from Shane Black — who helped birth the modern buddy action comedy with his script for "Lethal Weapon" — it does give the Oscar-winning actor, now 52, a chance to snarl some sour one-liners, and wear some silly clothes.

**Do you tend to think about how your characters dress? For instance, was that loud blue jacket Jackson Healy wears your idea?**

You always want to be involved in that. You always have to think about practical considerations. So I actually stole that blue leather jacket off Ryan's costume rack. They had that jacket for him, but he was about five minutes late for the



Ryan Gosling and Russell Crowe play a P.I. and an "enforcer," respectively, who team up to solve a crime in Shane Black's "The Nice Guys." WARNER BROS. PICTURES

costume fitting. I put it on and it fit me, so I put it on my costume rack. I only confessed that to him last night, actually. I love that jacket. I told him, "You shouldn't have turned up late."

**He mostly wears that one costume through the movie.**  
I didn't really think he was that complicated in that area. I didn't think he had that many shirts, that many jackets. So we just shrunk it down to a few things. The way I thought about Healy is that he comes from a service background, most likely the Navy. We see

the house he lives in. Where most people will have 10 of one thing, he'll have one. His space is sparse and the shelves are empty. He can walk from the bedroom to the front door in one linear line, pick up what he needs and be gone. I think those things shaping the character is as important as any aspect of him.

**Even the place he lives in gives you insight into who he is as a character.**  
I thought it was a stroke of brilliance that Shane Black had him living in an apartment above a comedy club. He would sit there,

not hearing what was being said but hearing the laughter coming upstairs. That's such a strange and beautiful thing. [Laughs]

**You haven't done a lot of comedies. But you and Ryan do have a classic comedy duo set-up: One is very funny and the other is the straight man.**  
The two of us looked back through the history of film and glommed onto things we could bring to the fore. One of the decisions Shane made quite early, which we went with, was making sure there was a physical difference between us. Quite often in duos — Bing Crosby

and Bob Hope, Abbott and Costello, Laurel and Hardy — there's a physical difference.

**Still, Gosling gets most of the physical comedy. When you're funny it's more rooted in character and how you're reacting to him. You're not trying hard to make him funny.**  
You can't do that. Soon as you do that you're going to kill it. Soon as

you try to make it a series of gags the nature of the film changes. It has to be organic and it has to come from a place of deep belief. These characters are in situations that may be deeply absurd, but they don't see it that way. It's just their lives.



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# jobs & education

HOW TO GET AHEAD

## Why meditation makes you more productive than multitasking

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ALIZAH SALARIO  
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Your inbox is full. Your desk is cluttered. Your phone is ringing. Your brain is fried. And it's not even lunch — which you usually skip, anyway.

What if you could press the reset button? Get out of that swivel chair and stretch that body scrunched like an accordion, then close your eyes while a soothing voice coaxed, "inhale on 'just,' exhale 'breathe.'" And why, yes, that is sandalwood and lime you smell, therapeutic scents to help lift your mood.

In our always-on, hyperproductive office culture, this is a workplace fantasy. It's also a standard 30-minute session from Mindfresh, a company that strives to boost office productivity and help workers destress by, well, refreshing minds.

In New York and San Francisco, Mindfresh's two outposts, startups and large corporate firms are bringing in teachers

(holistic practitioners and yoga instructors) to lead 30-minute workday sessions.

Each Mindfresh session consists of mindful movements — stretches for releasing the neck and shoulders, where many people hold tension and anxiety — and breathing exercises to help quiet the mind and focus attention. Sessions take place in conference rooms or even deskside. No workout clothes required.

As workplaces spiral toward peak digital burnout, we're experiencing a bit of a productivity backlash, says Mindfresh co-founder Jen Kluczkowski, who launched the company over two years ago.

In other words, multitasking is out, and monotasking and mindfulness are in.

"People will put 'I'm a great multitasker' on résumés. But there's a lot of different research showing that if you do five or six different things at one time, you make so many errors, it's done carelessly, you have to go back and redo things, other people have to correct you. So now there's more of a shift toward 'How do we train our brains to do one thing at a time again with total attention?'" says Kluc-

zkowski.

The benefits, says Kluczkowski, are hard to quantify, but people generally leave sessions feeling more focused and with greater clarity.

Still, it's not uncommon for many high-powered employees to actually be paranoid about taking breaks or getting up from their desks — for fear of not seeming busy enough.

"There's this concern that if we do need a reset, if we're feeling overwhelmed and frantic and not like we're producing your best work, if you're to step away from your desk and actually do something like meditate, how are you going to look and be perceived by your coworkers and bosses? Everyone is terrified to do it," she says.

But corporate culture isn't turning into Burning Man. Companies are drawn to the practice as means of "performance enhancement" that boosts productivity in the long run. The concept is right in New Yorkers' wheelhouse because it's "a city full of overachievers."

"People want to be the best at everything they do," says Kluczkowski. That includes being mindful.

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# How the founders of Who What Wear cracked the career code

Entrepreneurs Hillary Kerr and Katherine Power take a soup-to-nuts approach to building successful professional lives.



ALIZAH SALARIO  
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Successful careers don't come easy. There's no magic formula or paint-by-numbers instructions. That's why books on the subject are legion. Each one has an answer, but none has the answer.

Add to the list "The Career Code: Must-Know

Rules for a Strategic, Stylish, and Self-Made Career" by dynamic duo Hillary Kerr and Katherine Power, the co-founders of fashion and style site Who What Wear and the co-CEOs of Clique Media Group.

Kerr and Power, former Elle editors who met working on the set of "Project Runway," take a soup-to-nuts approach to building a successful career. Readers aren't promised the moon, sun and stars — but that's a good thing. "The Career Code" tackles the path step by tedious step, breaking down the small details (What does one

wear on a first interview?) and the big questions (What should I do with my life?). There's a clear balance between "follow your bliss" and "don't get shown the door."

In other words, you can be a dreamer — but a lucid one. Here's what Kerr and Power had to say about getting your career to take off, while keeping your feet firmly planted on the ground.

**When you're just starting out, asking for a raise or promotion is daunting. In your book, you wrote about how quantifying your work is key to boosting confidence. Any**

## specific tips?

If you actually take the time to quantify your work — reviewing your own performance and seeing the many ways you've been additive to your company, department and direct boss — you should be able to find all the confidence you need. I'd also advise you to practice what you're going to say so you're at least feeling prepared, and watch Amy Cuddy's TED Talk on body language. It's really helpful!

**Nowadays, lots of people have a few part-time jobs in our "gig economy," versus one steady full-time**



Hillary Kerr and Katherine Power talk building careers, and empires. PROVIDED

**job. What advice do you have for people who are juggling multiple gigs and lack the structure of an office?**

If you don't have the structure of an office and colleagues, it's really important to create your own version of both. When we were just starting our company, we were working from home and freelancing, but we still acted like we were going into an office. For us, that meant having a basic routine, which included getting dressed for work every morning — even if the "office" was the dining room table — and "reporting" for regular work hours.

**Whether we like it or not, we're often judged by our appearance, which makes dressing for work a chore for some. We truly believe in the idea of dressing for the job that you want, not the job that you have.**

One trick that helps many people is to simply identify your "uniform" for work and then stick to some version of it. That might mean a pencil skirt and a simple sweater, or black trousers and a printed blouse, or a sharp blazer over a sleek dress. The point is to find something that you like that is also appropriate for the workplace and your body, and to make that your go-to outfit formula.

**What are some of the common fashion faux pas people make in their first weeks on the job?**

While every company has a different culture, sometimes people think they need to wear very trend-based outfits to work, even if this means sacrificing polish or professionalism for said trend. When in doubt, consult your company's dress code, then look at your colleagues and immediate boss.

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Jackie Bradley Jr. leads the majors in hitting GETTY IMAGES

# Jackie Bradley Jr.'s turnaround with Red Sox has been remarkable

The outfielder has become one of the best hitters in all of baseball.



JAMES TOSCANO  
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sports@metro.us

Who's better than Jackie Bradley Jr.?

Had this question been asked a couple years ago, the list would have been extremely long.

And while nobody is saying Bradley — who went into Sunday's game riding a 27-game hitting streak and leading the major leagues in batting average (.342) — is the best hitter in baseball, if this season has proven anything, it's that he is absolutely a starting-caliber major league outfielder, and not one that just helps in the field, but also at the plate.

The truth is, things looked bleak for Bradley in Boston at more than a

couple points early in his career.

After cracking the Red Sox roster out of spring training in 2013, Bradley struggled mightily at the plate. Early trouble sent him packing to Pawtucket early in the season and after a few trips back and forth he finished with a .189 batting average in 37 games. Though Bradley's role increased in 2014, he didn't see much improvement at the plate, batting just .198 in 127 games.

Last season was the first real sign of hope as Bradley was called up in late July and went on a power stretch at the plate from Aug. 6 to Sept. 7, in which he hit a whopping .424 with seven home runs and 32 RBI in 28 games. Though he finished the season batting .249, it was that hot streak that had many believing Bradley could do more than provide Gold Glove-level defense in

the outfield.

And that brings us to now, with Bradley resembling that player during last year's 28-game stretch. During his current 26-game hitting streak, Bradley leads the majors in average (.411), slugging (.800), OPS (1.286), RBIs (29), triples (tied, three), and extra-base hits (18). The Athletics' Khris Davis (13) and Mets' Yoenis Cespedes (nine) are the only major leaguers with more home runs than Bradley (eight) during the streak.

Bradley went into Sunday's game having hit seven home runs over his last 16 games after hitting five in his first 188 games.

And opposing teams are beginning to take notice. Bradley was intentionally walked twice on Saturday from the No. 7 spot in the batting order with Ryan Hanigan and then Christian Vazquez hitting behind him. That raised his on-base

percentage to a team-high .411 among regular starters. But it makes a lot of sense for opposing teams to do if that's where Bradley is batting, as he's been one if not

the most productive hitter in baseball from the bottom of the order. On Sunday, manager John Farrell bumped him up to sixth.

Nobody knows how

long Bradley will remain the hottest hitter in baseball, but after watching him fight through the first few years of his career, the fun has just begun.

## Rocky Mountain Red Sox



The Sox continue their road trip with one final stop this week, a three-game set against the Rockies in Denver. Boston will look to pile on some offense at Coors Field on Tuesday (after resting Monday). The squad currently sits in a tight battle with the Orioles for first place in the AL East. GETTY IMAGES



# Expect major pieces to be moved between NBA's marquee franchises this summer

The Knicks' Carmelo Anthony, Sixers' Jahlil Okafor are the top names getting trade buzz.



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There was no movement in the NBA Draft Lottery from the original order of the draft, but tumult at the top is likely on the way.

Both the Lakers and Celtics seem to be in quick fix mode as both are already tired of rebuilding. The two winningest franchises in league history both are interested in trading their top overall pick in next month's NBA Draft.

Bleacher Report's Kevin Ding wrote last week that "the Lakers will actively explore trading the pick. They want to get better as soon as possible, in part to make sure Philadelphia doesn't get too good of a pick next year when the Lakers' first-rounder conveys to the 76ers if it's outside the top three. Lakers general manager Mitch Kupchak is also seeking a better blend of youth and experience on the roster."

"But it's an open question if the Lakers can find a star another club is willing to send away. Trading away the likes of Paul George or Jimmy Butler would be hard-to-explain steps back for the Pacers or Bulls. And with George Karl gone and a new



Will the Knicks try and get rid of Carmelo Anthony?

arena to open, the Kings aren't likely to move DeMarcus Cousins."

Another option for the Lakers would be to explore a Carmelo Anthony trade with old pal Phil Jackson. Anthony would surely waive his no-trade clause to go to Los Angeles, the Knicks desperately want to get a top pick in this year's draft (a Brandon Ingram - Kristaps Porzingis foundation is enticing), and with Anthony in place prior to free agency the

Lakers could make a legitimate push for the services of Kevin Durant or other big names in free agency.

As for the Celtics, discussions with the 76ers regarding Jahlil Okafor will likely be revisited (a deal between Boston and Philadelphia nearly went down at the trade deadline). Celtics boss Danny Ainge is tight with Jerry and Bryan Colangelo dating back to his time in Phoenix as a player and coach, so much so that



Is Jahlil Okafor the odd man out in Philly? ALL PHOTOS GETTY IMAGES

when Ainge resigned as head coach of the Suns in 1999 to spend more time with his family, Jerry Colangelo said there would have been a spot in Phoenix's front office waiting for him if he ever wanted it.

The Boston Herald's Steve Bulpett spoke with Bryan Colangelo about Ainge and the Celtics' current position this week.

"Danny's gone through a long process," he said. "They're a few

jumps ahead of us with respect to where they stand and where we are, but we're both holding multiple picks over the next couple of years."

"(Ainge) is probably in a better position as far as free agency goes to sell a story that makes more sense to someone. But I'm sure we'll talk and see what might be there."

"I don't know if I want to help the Boston Celtics, given that they're in the Eastern Conference, but we'll have to see just

how much it helps us when we're talking about deals with them."

The Ringer's Bill Simmons, who has dropped nuggets in the past that he knows people who know people within the Celtics' front office, told "Toucher and Rich" on 98.5 FM (Boston) Thursday that he believes the Celtics will indeed trade the No. 3 pick to Philly in exchange for Okafor.

"I think the guy they're going to trade for is Okafor," Simmons said. "If you think about it, it makes a ton of sense for Philly. They spend all these high lottery picks on big guys. Meanwhile, the league has gone small and you need perimeter guys to win in the NBA. If you put Ben Simmons with any of those guys, it doesn't really make any sense."

As for why it would be a good fit for the Celtics, their biggest issue last season was having a legitimate presence in the middle. Most every GM in the league recognizes that the league is now dominated by either sharp-shooting guards or tall, physical freaks of nature like LeBron James or Kevin Durant and that traditional, back to the basket centers are a thing of the past. But Ainge is a realist, and knows that acquiring a prototypical player on that level is easier said than done. Okafor is not tailor-made for today's NBA, but his ceiling is much higher than any player the Celtics could pick at No. 3.

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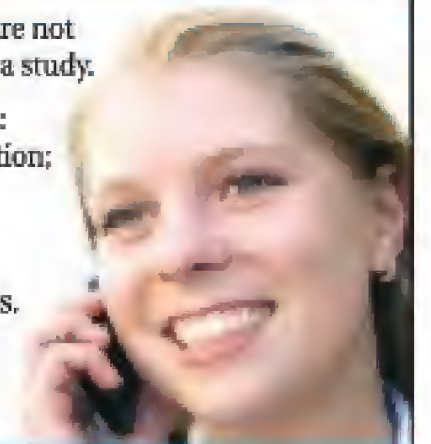
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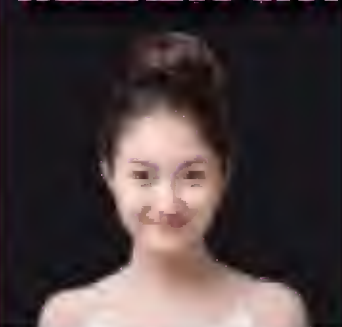
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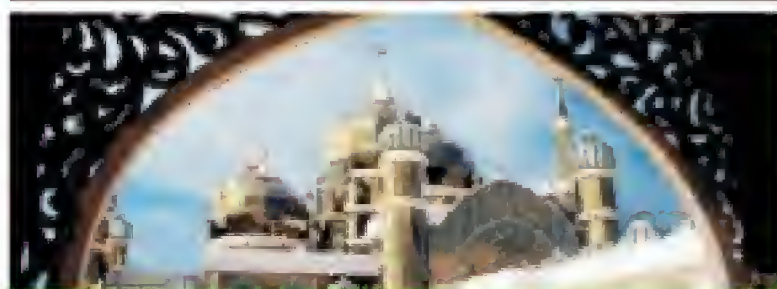
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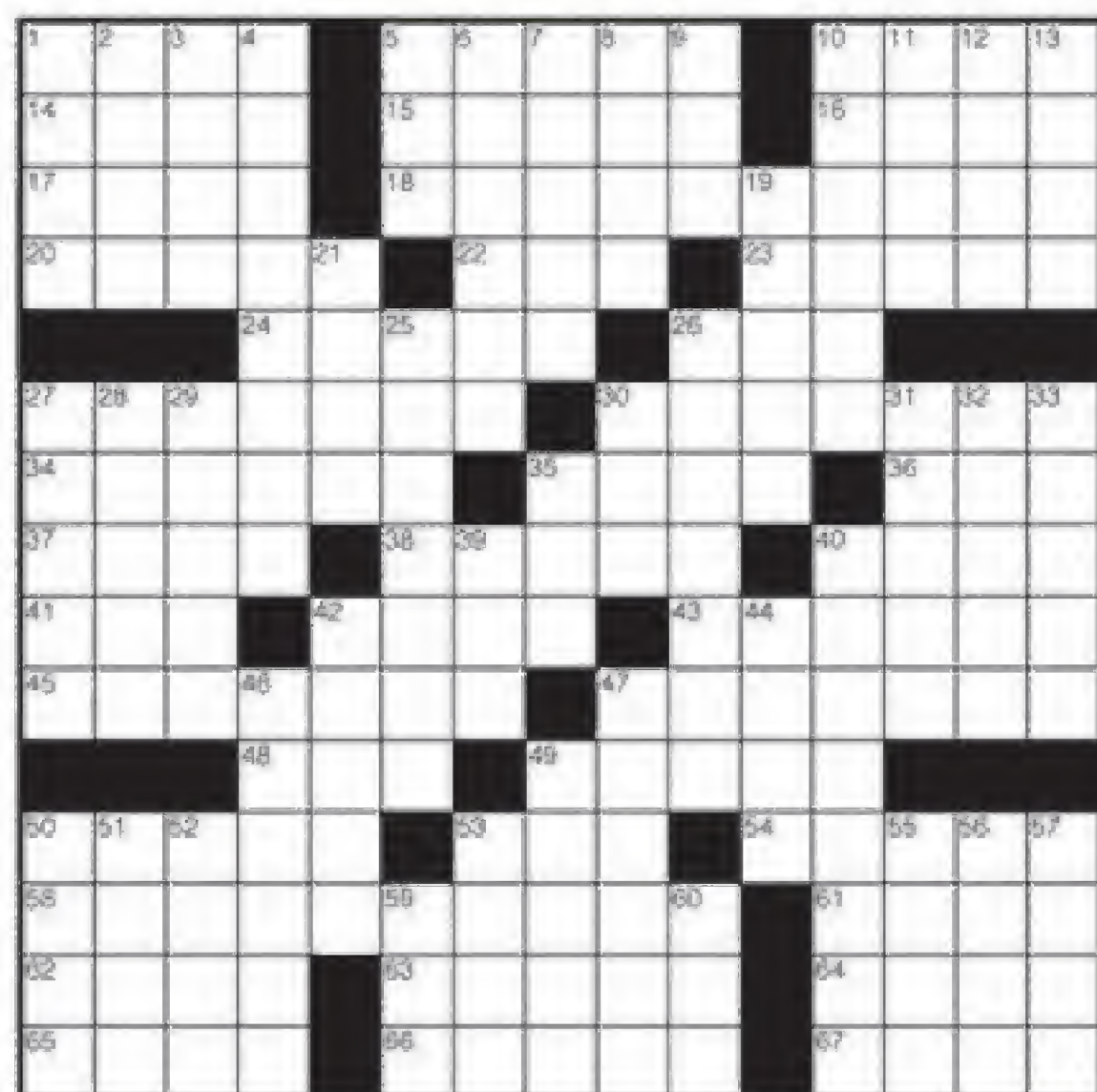
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## metro.us/crossword



### Across

- 1 Hoopster — O'Neal
- 5 Kind of yoga
- 10 Linen color
- 14 Ashram leader
- 15 Open-air lobbies
- 16 Shuttle launch sound
- 17 Leaf source
- 18 Limestone formation
- 20 Cut drastically
- 22 Excitement
- 23 Lead the life of —
- 24 Earth, to Pierre
- 26 Debate side
- 27 Looks up to
- 30 Ripple
- 34 Uses a pepper mill
- 35 Flooring piece
- 36 It may be fragile
- 37 Called the butler
- 38 Zestful
- 40 Early siren
- 41 Comic — Philips
- 42 After-dinner wine
- 43 Hummed along
- 45 Designate, as funds
- 47 Climbs
- 48 Morn's counterpart
- 49 Pirated
- 50 Laissez- —
- 53 Thai neighbor
- 54 Blue as the sky
- 58 Seamy side

metro.us  
/games

- 9 Battery size
- 10 Fur of kings
- 11 Wind into loops
- 12 Evaluate
- 13 Heavy hydrogen discoverer
- 19 Orchard
- 21 Rustler's target
- 25 Make good as new
- 26 Cousteau's ship
- 27 Tally
- 28 Stage production
- 29 Trivial
- 30 Artificial locks
- 31 Pick up on
- 32 Snowy-white bird
- 33 Warty critters
- 35 HBO alternative
- 39 Hot Springs st.
- 40 Cooler, perhaps
- 42 Patio stone
- 44 NCAA Bruins
- 46 Least
- 47 Ring-shaped islands
- 49 Hot dip
- 50 Roll tightly
- 51 Poker stake
- 52 Fateful day
- 53 Erik the Red's son
- 55 Sea, in a gale
- 56 Pajama coverer
- 57 Time periods
- 59 Pasture sound
- 60 Even so

- 61 Russian epic hero
- 62 Tpk.
- 63 Bridal path?
- 64 Napoleon's exile
- 65 In case
- 66 Make — — buck
- 67 Deli loaves

### Down

- 1 Barracks offs.
- 2 Fling
- 3 Circle size
- 4 Knight work?
- 5 Owns, maybe
- 6 Rose-petal oils
- 7 Import and export
- 8 City near Kilauea

## metro.us/sudoku

easy

8		2	7		6		3	
	1			9		7		
7				8		4		
			3			9	2	
9								1
	2	8			1			
		3		5				4
		6		3			1	
	9		4		8	3		5

hard

		6	2				1	4
	9		1	3	4	7		
	3		6	1				7
8	5						9	3
7				5	9		2	
		9	5	7	3		4	
5	2				6	3		

## metro.us/horoscopes



**Aries** Strive to make the changes that you haven't made in the past. A contract or negotiation looks promising, and using your attributes, skills and experience to get ahead will pay off.



**Taurus** Expand your knowledge and interests, and do your best to make new acquaintances. Talks will help you impress someone who can point you in a lucrative direction.



**Gemini** Hidden matters will cause anxiety. Use your time wisely and focus on health, finances and expanding your interests. Stay in control, be patient and follow your own path.



**Cancer** Live in the moment and gravitate toward the people and projects that intrigue you the most. Don't be afraid to step outside your comfort zone.



**Leo** Engage in activities that pump up your energy and enthusiasm. Give your all and seek out new ways to present a fine-tuned persona. Relatives both young and old will offer incentives.



**Virgo** You'll discover valuable information if you participate in functions that involve your interests or your colleagues. A change in your financial situation is apparent.



**Libra** Keep your personal business to yourself. Explore new techniques or methods that will encourage a change of location or help you find a pastime you'd like to pursue.



**Scorpio** Protect your position, reputation and important partnerships. Put your efforts into personal development and making positive changes to the way you live.



**Sagittarius** Don't rely on second-hand information. Travel will lead to delays. Stretch your thinking in order to discover something unique that will improve your relationship with others.



**Capricorn** Share your ideas for home improvements and investments that will affect those close to you. Plan an intimate evening or a trip that will give you something to look forward to.

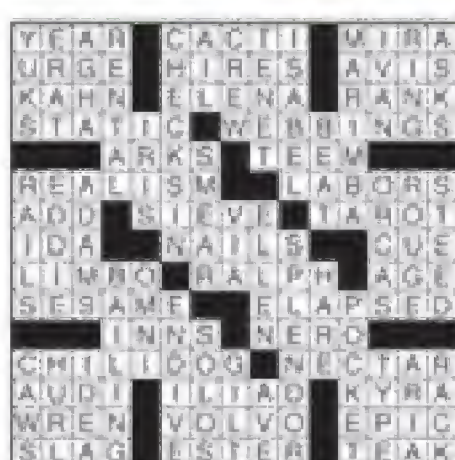


**Aquarius** Keep your mind set on things you can do to make your personal and professional lives better. A change will do you good and will give you a revived desire to reach your goals.



**Pisces** You'll face emotional interference and discord when dealing with people who are literally or figuratively close to you. Don't let anyone pressure you into getting involved. **EUGENIA LAST**

### Yesterday's answers



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